

What's on at Services

Friday

- ☐ Free-lap swim for active duty members during lap swim. (Ext. 2815)
- ☐ No limits pizza and pasta lunch buffet at Greatest Little Pizza Place, 11 a.m. to 1:30 p.m. (Ext. 2497)
- ☐ Big 50 bowling at Liberty Lanes during open bowling. (Ext. 2108)

Saturday

- ☐ "T.J. McCall" plays at the rod and gun club from 8:30 p.m.-2 a.m. (Ext. 2368)
- ☐ Star Trek fest at community center, 10 a.m.-4 p.m. (Ext. 2221)
- ☐ Intramural softball championship series on fields 3 and 4 (Ext. 3607)

Sunday

- ☐ Sunday breakfast at the officers' club, 8 a.m.-noon. (Ext. 2535)
- ☐ Tee times available at the golf course between 6:30 a.m. and 12:30 p.m.; open play after 3 p.m. (Ext. 2223)
- ☐ Clay Pigeon Shooting Association and Compac sporting shoot at the rod and gun club today. (Ext. 2368)

Flea Market

The community center's next flea market is 10 a.m.-3 p.m. July 26. Sell your bric-a-brac for \$5 a table. Flea market held outside if weather permits.

Beauty and the Beast

Information, Tickets and Tours sponsors a theaterland special in London to see "Beauty and the Beast" July 28. Transportation and top price seats for this Walt Disney production are £43. This trip is not recommended for children under 6. For more information, call Ext. 2979.

Director of Theater production

Volunteers who would like to direct the Eagles Nest Repertory Company's Autumn production should apply in writing to program director, Stephanie Lown by Aug. 9. Call Ext. 2221 for details.

Hire a Teen

The Lakenheath Youth Program has teens available for mowing grass, washing cars, baby-sitting, cleaning house and miscella-

neous jobs. If you need a teen, call the youth center at Ext. 3180 for details.

Piano and guitar lessons

The youth center offers piano and guitar lessons Fridays, 3:30-7:05 p.m. Sessions run for 30-minute increments and cost \$12 per session. For more information, call Ext. 3180.

Tandem Bike

Equipment Rentals offers tandem bikes. The bikes can be reserved for one day rental-by-deposit. For details, call Ext. 2146.

Super reader's program

The library's Super Reader's Program is underway. The program is designed to reward children who read, either on their own or with their parents help. Reading logs can be picked up at the library. Prizes are awarded based on the number of books read. For details, call Ext. 3713.

Liberty Lanes offers breakfast

Breakfast begins at 6:30 a.m. Tuesday through Sunday and 8 a.m. on Monday. And, the breakfast menu is available any time except the lunch rush.

For those with late night cravings, the snack bar is open from 6:30 a.m. Thursday until Sunday night at 11 p.m.

Bowling Specials

Liberty Lanes offers specials for everyone this summer. Big 50 bowling kicked off last week. Win a trip for two to Lake Tahoe. Pick-a-price bowling runs until Aug. 25. Pick a color chip between 10 a.m. and 5 p.m. weekdays and pay that price. Super Summer Spectacular began July 1. Purchase a card for \$25 to bowl 30 games.

Golf Course Steak House

The Golf Course Steak House is now open. Hours of operation are Friday, Saturday and Sunday evenings from 5:30 to 9 p.m. For more information, call Ext. 2223.

At the movies

RAF Lakenheath

Friday

7 p.m. - "The Saint" (PG-13) Starring Val Kilmer and Elisabeth Shue. The Saint is a master thief and loner who roams the world in search of loot. When he attempts a job to steal a lady scientist's life work, he and she become entangled in a deadly web of intrigue, thrust into the social upheaval of modern day Russia, the two must combine all their wits to escape with their lives.

9:30 p.m. - "Murder at 1600" (R) Starring Wesley Snipes and Diane Lane. Police detective Wesley Snipes has a very touchy case. A White House employee has been murdered in the workplace and the Secret Service is less than cooperative with the police investigation.

Saturday

4 p.m. - "McHale's Navy" (PG) Starring Tom Arnold. Lt. Commander McHale, a retired Navy man turned entrepreneur, returns to his post in California when the maniacal East German Maj. Vladakov invades a neighboring island.

7 p.m. - "Volcano" (PG-13) Starring Tommy Lee Jones and Anne Heche. Citizens of Los Angeles are prepared for all manner of natural disasters ... except one. A totally unexpected cataclysmic event engulfs the city in flames and molten rock when a crack in the earth's crust erupts in an incredible force of nature that threatens to destroy Hollywood.

9:30 p.m. - "8 Heads In A Duffel Bag" (R) Starring Joe Pesci and Andy Comeau. Tommy is a mob bag man whose delivery of 8 heads is crucial proof of a recent hit. However his duffel bag gets switched at the airport with an identical duffel bag belonging to another passenger named Charlie.

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7 p.m. - "Volcano" (PG-13)

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Thursday

7 p.m. - "8 Heads In A Duffel Bag" (R)

July 25

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RAF Mildenhall

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Saturday

4 p.m. - "Father's Day" (PG-13) Starring Robin Williams and Billy Crystal. A young woman contacts two of her old lovers and convinces both that they are the father of her runaway son to enlist their help in finding him.

7 p.m. - "Romy and Michele's High School Reunion" (R) Starring Mira Sorvino and Lisa Kudrow. With their 10 year high school reunion fast approaching, best friends and party girls Romy and Michele review their lives since high school and are surprised to find them sorely lacking.

They decide to reinvent themselves, concocting fantasies of wealth and success to impress their former classmates.

9:30 p.m. - "Face Off" (R) Starring John Travolta and Nicholas Cage. In this action suspense thriller, John Travolta plays an FBI anti-terrorist agent out to capture Nicholas Cage, who murdered his young son. Travolta assumes Cage's identity with advanced plastic surgery that actually slaps the criminal's face onto his. The real action starts when Cage is able to get loose with the FBI man's face on his head.

Sunday

4 p.m. - "Warriors of Virtue" (PG) Starring Angus MacFayden and Mario Yedidia. An American teenager is suddenly transported through a hidden portal into the Land of Tao, a magical place beyond his wildest imagination. He meets five kung fu masters who are able to harness the forces of nature. They band together to fight the powerful villain Komodo, who seeks to steal the forces of nature.

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July 25

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9:30 p.m. - "Men In Black" (R) Starring Tommy Lee Jones and Will Smith. Working for a top secret government agency, and Smith are the Men In Black, regulators of all things alien on earth. While working on a series of routine and seemingly unrelated close encounters, the MIB team uncovers a deadly intergalactic plot.

Midnight - "Lost World" (PG-13) It's been four years since Jurassic Park ended in disaster. And, it seems the prehistoric creatures have not been wiped out. This time they are turned loose on the world.



Today
Lunch: Beef stew, vegetarian stuffed cabbage rolls, chicken in Dijon sauce
Dinner: Braised beef and noodles, sweet and sour chicken, tamale pie

Saturday
Brunch: Italian -style veal steaks, turkey curry
Supper: Teriyaki chicken, stuffed green peppers, roast beef

Sunday
Brunch: Roast veal, chicken nuggets
Supper: Cajun meat loaf, roast turkey, orange -spiced pork chops

Monday
Lunch: Beef pot roast, chicken ala king, vegetarian stuffed peppers
Dinner: Burritos, Hungarian goulash, vegetable chow mien

Tuesday
Lunch: Swiss steak with mushroom gravy, baked chicken, sweet and sour pork
Dinner: Sukiyaki, turkey nuggets, French bread pizza

Wednesday
Lunch: Lasagna, spaghetti with meat sauce, veal parmesan
Dinner: Ham and tomato mac, turkey risotto, marinated beef casserole

Thursday
Lunch: Ham steaks, El rancho stew, Mexican casserole
Dinner: Buffalo wings, spinach lasagna, herbed baked chicken

Friday
Lunch: Grilled Salisbury steak, baked stuffed pork chops, baked chicken
Dinner: Spaghetti with meat sauce, ginger pot roast, turkey ala king